

YIELD STUDY DATA FORM

The U.S. Department of Agriculture's (USDA) *Food Buying Guide for School Meal Programs* provides yield information for common types and customary sizes of meat/meat alternates, vegetables, fruits and grains, including commercially available foods and USDA Foods. School food authorities (SFAs) should use the *Food Buying Guide* to determine how much food to purchase to meet the minimum portion sizes in the USDA meal patterns, and to calculate how school recipes contribute to the meal patterns.

If a food service operation consistently obtains a higher or lower yield for a product than the yield specified by the *Food Buying Guide*, the SFA should conduct an in-house yield study to determine the actual number of portions of a specified size that the product provides. SFAs must follow specific and verifiable procedures to document product yields. This document summarizes the Connecticut State Department of Education's (CSDE) procedures for conducting product yield studies for school nutrition programs.

YIELD STUDY PROCEDURES

1. Select a day when the product is **served** on the school menu. Use at least **four separate samples** of the product to determine yields. A "sample" is the product pack unit, such as number 10 cans or 5-pound bags. If the school uses more samples, the yield data will be more accurate.
2. For the best yield estimate, **at least two people** should independently portion and count the samples. Each person completes half of the samples, e.g., with a sample of four cans, each person works alone to measure and count the servings from two cans.
3. Select the appropriate **measuring utensil** for the portion size being served, such as a number 16 scoop/disher or 1/2-cup measuring spoon.
4. Fill the measuring utensil **level to the top** of the measure.
5. Carefully **count and document** the number of portions in each sample.
6. Add the **total number of servings** from each of the samples.
7. Divide the total number of servings by the **number of samples** to get the average number of servings per sample.
8. Complete the CSDE's *Yield Study Data Form* and maintain on file for review by the CSDE school nutrition programs staff during the administrative review of the SFA's school nutrition programs.

The CSDE's sample completed *Yield Study Data Form* provides an example of how to complete the form. For additional technical assistance, contact the CSDE's [school nutrition programs](#) staff.



For more information, see the CSDE's [Menu Planning Guide for School Meals](#) and [Meal Patterns and Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/yieldstudy.pdf.

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INSTRUCTIONS: Complete this form to document yields for products that provide a **higher or lower yield** than the yield specified by the U.S. Department of Agriculture's (USDA) *Food Buying Guide for School Meal Programs*, and products that are **not included** in the *Food Buying Guide*. For assistance, see the attached "Information and Instructions," and the CSDE's completed sample *Yield Study Data Form*. The school food authority (SFA) must maintain this form on file. The Connecticut State Department of Education (CSDE) will review this information during the administrative review of the SFA's school nutrition programs.

School: _____ Date of Study: _____

Name of Product: _____ Manufacturer: _____

Unit Pack Size: _____ Number of Units Used for Yield Study: _____

Serving Size Used for Yield Study: _____

YIELD STUDY DATA		
Product Sample *	Measured/Counted By (Name of Employee)	Number of Servings per Unit
1		
2		
3		
4		
5		
6		
7		
8		

* Use **at least four** separate product samples. More samples provide more accurate yield data.

A	Total Number of Servings:	
B	Total Number of Units Sampled:	
C	Average Number of Servings per Unit (A divided by B):	

I certify that the information above is correct.

Food Service Director's Name Food Service Director's Signature Date

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/yieldstudy.pdf.

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